



National Nutrition Month® 2010 Recipes

American Dietetic Association

White Chili

8 servings

- 1 tablespoon canola or olive oil
- 2 medium onions, peeled and chopped
- 3 cloves garlic, peeled and minced
- 3 15 ½-ounce cans great northern beans, drained and rinsed well
- 4 cups low-sodium chicken or vegetable broth
- 3 cups chopped cooked chicken
- 1 teaspoon ground cumin
- ½ teaspoon ground cloves
- 1 teaspoon dried oregano
- 2 cups shredded Monterey Jack cheese

Beans are bursting with antioxidants that thwart cell damage. Make a batch of this chili and freeze the leftovers.

1. In a large saucepan, heat the oil over medium heat. Add the onions and garlic and cook until the onions are translucent. Add the beans, broth, chicken, cumin, cloves and oregano. Cover and simmer for about one hour. Remove from heat and stir in the cheese until it melts.

Serving size: ⅛ of recipe

Nutrition Facts per Serving:

Calories: 373	Fat: 13 g	Saturated fat: 6 g
Trans fat: 0	Cholesterol: 61 mg	Sodium: 227 mg
Carbohydrates: 30 g	Fiber: 6 g	Protein: 34 g

Recipe provided courtesy of John Wiley & Sons, from Expect the Best: Your Guide to Healthy Eating Before, During & After Pregnancy by American Dietetic Association ©2009, John Wiley & Sons.

Salmon Burgers

2 servings

- 1 6 ½-ounce can salmon
- 2 tablespoons unseasoned bread crumbs
- 1 egg
- ½ tablespoon diced shallots
- 2 tablespoons diced red bell pepper
- 1 teaspoon dried dill
- 2 teaspoons canola oil
- 2 whole-grain sandwich buns
- Lettuce (optional)
- Sliced tomato (optional)

It's easy to include omega-3 fats and high-quality protein in your diet with these hearty burgers.

1. Place the salmon in a medium bowl and break it up with a fork. Add the bread crumbs, egg, shallots, bell pepper and dill; combine well. Form the mixture into 2 burgers.
2. In a medium skillet, heat the oil over medium-high heat. Cook for about 4 minutes on each side. Serve on the sandwich buns with lettuce and tomato, if desired.

Serving size: 1 burger

Nutrition Facts per Serving:

Calories: 503	Fat: 20 g	Saturated fat: 4 g
Trans fat: 1 g	Cholesterol: 163 mg	Sodium: 625 mg
Carbohydrates: 41 g	Fiber: 6 g	Protein: 35 g

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Popcorn Delight

1 serving

- 3 cups popped fat-free unsalted popcorn
- 1 tablespoon sliced almonds
- 2 tablespoons raisins or other dried fruit such as cranberries, apricots or dates
- ½ teaspoon ground cinnamon
- 1 teaspoon sugar

Surprise! Popcorn is a whole grain. Work in a serving with this crunchy treat.

1. In a medium bowl, combine the ingredients and toss well.

Serving size: Recipe makes 1 serving

Nutrition Facts per Serving:

Calories: 230	Fat: 7 g	Saturated fat: 1 g
Trans fat: 0	Cholesterol: 0 mg	Sodium: 274 mg
Carbohydrates: 39 g	Fiber: 6 g	Protein: 6 g

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Pumpkin Pancakes

6 servings

- 2 cups plain low-fat yogurt
- ¼ cup plus 1 tablespoon sugar
- 1-⅔ cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon ground nutmeg
- 1 cup 1% low-fat milk
- 2 tablespoons trans-fat-free tub margarine, melted
- 1 egg
- ½ cup canned pumpkin

Pumpkin is rich in beta-carotene and other beneficial plant nutrients. Leftover pancakes can be frozen and reheated for future use. Freeze leftover canned pumpkin in a covered container. Use canned pumpkin only, not pumpkin filling.

1. In a small bowl, mix the yogurt with the ¼ cup of sugar. Set aside. In a large bowl, combine the 1 tablespoon of sugar with the flour, baking soda, cinnamon and nutmeg.
2. In a medium bowl, combine the milk, margarine, egg, pumpkin and yogurt-sugar mixture, stirring well. Add the wet ingredients to the dry ingredients in the large bowl. Stir until it is moist and free of lumps.
3. Lightly coat a griddle or a skillet with nonstick cooking spray, and heat to low-to-medium heat. Using a ¼ cup measure, pour the batter onto the hot griddle. Cook until the bubbles begin to burst, then flip and cook until golden brown.

Serving size: 3 pancakes

Nutrition Facts per Serving:

Calories: 282	Fat: 6 g	Saturated fat: 3 g
Trans fat: 0	Cholesterol: 42 mg	Sodium: 198 mg
Carbohydrates: 45 g	Fiber: 3 g	Protein: 12 g

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Chicken Clemenceau

Julienne T. Stewart, MS, RD, LDN

4 Servings

Cooking Spray

- 2 large baking potatoes, scrubbed and diced
- 4 4-oz. boneless, skinless chicken breasts, lightly pounded
- ½ lb. fresh mushrooms, quartered
- 8.5 oz. can petit pois or very young small early peas
- 2 cloves garlic, minced
- ½ cup white wine
- 2 lemons
- 6 tsp. butter
- 5 green onions chopped; use green part only
- Salt, pepper and Tabasco to taste

This is a favorite Creole recipe. It can be made with chicken or seafood. It is named for Georges Clemenceau (1841–1929), a French statesman who became the French Premier in 1906.

1. Preheat oven to 400 F. coat the diced potatoes with cooking spray, place in baking dish and bake until soft, (about ½ hour).
2. Meanwhile, season chicken with salt and pepper. Spray large sauté pan with cooking spray and sauté chicken until golden brown, remove to plate.
3. In the same pan, sauté mushrooms and garlic for 5 minutes. Add peas, wine and juice of 2 lemons to pan.
4. Return chicken to pan and reduce liquid by ½, about 15 minutes. Whisk in butter pieces one at a time until you have a creamy, slightly thickened sauce. Add Tabasco to taste.
5. Add cooked potatoes to serving platter. Lay chicken on potatoes. Spoon sauce over potatoes. Top with chopped green onion.

Nutrition Facts per Serving:

Calories: 352	Fat: 7 g	Saturated Fat: 2.5 g
Cholesterol: 133 mg	Sodium: 396 mg	Carbohydrate: 30 g
Fiber: 6 g	Protein: 39 g	

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Greek Chick-Pea Salad

6 Servings (3 cups)

One 15-ounce can chick-peas (garbanzo beans), rinsed and drained

1 small tomato, seeded and chopped

½ cup diced peeled cucumber

2 green onions with green tops, sliced

¼ cup coarsely chopped Italian parsley

2 tablespoons red wine vinegar

2 tablespoons extra virgin olive oil

¼ cup (1 ounce) crumbled feta cheese

¼ teaspoon freshly ground pepper

A good source of protein, fiber and iron, chick-peas are a staple food throughout most of the Western world. Here, these crunchy, nutty legumes appear in a version of Greek salad, a pretty combination of red and green vegetables and white feta cheese. You might want to add some black Greek or Moroccan olives (add the correct exchange) and serve as a first course over lettuce. This salad will keep nicely in the refrigerator for up to two days.

1. Combine the chick-peas, tomato, cucumber, onions and parsley in a medium bowl.
2. In a small bowl, whisk together the vinegar and oil; pour over the bean mixture and toss well to mix. Just before serving, sprinkle the salad with cheese and pepper.

Serving size: ½ cup

Nutrition Facts per Serving:

Calories: 132

Calories from fat: 60

Fat: 7 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 120 mg

Fiber: 3 g

Sugars: 3 g

Protein: 5 g

Carbohydrate: 14 g

Exchange Approximations: Starch: 1 Fat, monounsaturated: 1

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Szechuan Beef Stir-Fry

4 servings

1 package (10 ounces) fresh vegetable stir-fry blend

3 tablespoons water

2 beef shoulder center steaks (Ranch Steaks), cut ¾ inch thick (about 8 ounces each)

1 clove garlic, minced

½ cup prepared sesame-ginger stir-fry sauce

¼ teaspoon crushed red pepper

2 cups hot cooked white or brown rice, prepared without butter or salt

¼ cup dry-roasted peanuts

This fast and easy stir-fry gets a spicy kick from crushed red pepper.

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile, cut beef steaks into ¼-inch thick strips.
3. Heat same skillet over medium-high heat until hot. Add half of the beef and half of the garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Serve over rice. Sprinkle with peanuts.

Nutrition Facts per Serving:

Calories: 351

Fat: 11 g

Saturated fat: 3 g

Monounsaturated fat: 5 g

Cholesterol: 64 mg

Sodium: 1,147 mg

Carbohydrate: 29 g

Fiber: 3.0 g

Protein: 32 g

Niacin: 5.4 mg

Vitamin B6: 0.3 mg

Vitamin B12: 2.9 mcg

Iron: 4.1 mg

Selenium: 33.0 mcg

Zinc: 6.6 mg

This recipe is an excellent source of protein, niacin, vitamin B12, iron, selenium and zinc, and a good source of fiber and vitamin B6.

Recipe provided courtesy of John Wiley & Sons, From The Healthy Beef Cookbook by National Cattlemen's Beef Association & American Dietetic Association ©2006, John Wiley & Sons.

Serving size: ¼ of recipe



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Corn Chowder

4 servings

- 1 tablespoon vegetable oil
- 2 tablespoons celery, finely diced
- 2 tablespoons onion, finely diced
- 2 tablespoons green pepper, finely diced
- 1 package (10 ounce) frozen whole kernel corn
- 1 cup raw potatoes, peeled and diced (1/2-inch pieces)
- 1 cup water
- 1/4 teaspoon salt
- black pepper to taste
- 1/4 teaspoon paprika
- 2 cups milk, fat-free or low-fat (1%)
- 2 tablespoons flour
- 2 tablespoons fresh parsley, chopped

Using low-fat milk instead of cream lowers the saturated fat content in this hearty dish.

1. Heat oil in medium saucepan.
2. Add celery, onion and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil; reduce heat to medium; cook, covered, about 10 minutes or until potatoes are tender.
4. Pour 1/2 cup of the milk into a jar with tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

Serving size: 1 cup

Nutrition Facts per Serving:

Calories: 186	Total Fat: 5 g	Saturated fat: 1 g
Cholesterol: 5 mg	Sodium: 205 mg	Fiber: 4 g
Protein: 7 g	Carbohydrates: 31 g	Potassium: 455 mg

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1-2-3 Peach Cobbler

8 servings

- Non-stick cooking oil spray for baking dish
- 1/2 teaspoon cinnamon, ground
- 1 tablespoon vanilla extract
- 2 tablespoons cornstarch
- 1 cup peach nectar
- 1/4 cup pineapple juice or peach juice
- 2 cans (16-ounce) peaches, sliced, packed in juice, and drained (or 1 3/4 lb. fresh peaches)
- 1 tablespoon soft (tub) margarine
- 1 cup pancake mix, dry
- 2/3 cup all-purpose flour
- 1/2 cup sugar
- 2/3 cup evaporated milk, fat-free
- Topping:
 - 1/2 teaspoon nutmeg
 - 1 tablespoon brown sugar

Cooking oil spray helps to coat the pan with little fat or calories.

1. Combine cinnamon, vanilla, cornstarch, peach nectar and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5–10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray an 8-inch-square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar and melted margarine. Stir in milk.
7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400 degrees F. for 15–20 minutes or until golden brown.
10. Cool and cut into eight squares.

Serving size: 1 square

Nutrition Facts per Serving:

Calories: 271	Total Fat: 4 g
Saturated fat: less than 1 g	
Cholesterol: less than 1 mg	
Sodium: 263 mg	Fiber: 2 g
Protein: 4 g	Carbohydrates: 54 g
Potassium: 284 mg	

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